

Spanish Rice Wraps

Long grain rice, flavored with Spanish spices, makes a wonderful filling for wrap sandwiches. You could add some cooked cubed chicken if you'd like.

Prep Time: 25 minutes

Ingredients:

- 1 chopped green pepper
- 1/2 cup chopped celery
- 1/2 cup chopped red onion
- 2 cups cooked long grain brown rice
- 1/2 tsp. cumin
- 1/4 tsp. turmeric
- 1/2 cup chopped cherry tomatoes
- 2 cups grated Monterey Jack cheese
- 4 (10 inch) flour tortillas



Preparation:

In medium bowl, combine green pepper, celery, onion, and rice and mix gently to combine. In small bowl, combine cumin, turmeric and tomatoes and mix well. Add to rice mixture and stir to blend.

Place filling on tortillas and top with grated cheese. Roll up and wrap in plastic wrap. Refrigerate 1-2 hours to blend flavors before serving.

4 sandwiches

<http://busycooks.about.com/od/coldsandwichrecipes/r/spanishwrap.htm>